

# WIM HOF METHOD & LEADERSHIP 3 DAY RETREAT

*October 24-26, 2023*

Copper Rose Ranch, Paradise Valley - Montana

## **Tuesday, October 24, 2023:**

- 3pm-4pm: Check in
- 4pm-4:30pm: Welcome, weekend review and goals
- 4:30pm-7:30pm: Wim Hof Method: Lecture, breathing, cold exposure
- 8pm-9pm: Dinner and discussion

## **Wednesday, October 25, 2023:**

- 7am-8am: Wim Hof Method (advanced breathing and cold exposure)
- 8:30am-9:30am: Breakfast
- 9:30am-11:30am: Leadership: Defining and Refining Our Personal Culture
- 11:30am-12:30pm: Rest, Reflection, and Journaling
- 12:30pm-1:30pm: Group Discussion
- 1:30pm-2:30pm: Lunch
- 2:30pm-3:30pm: Navy SEAL Planning for Every Aspect of Your Life
- 3:30pm-4:30pm: Yoga
- 4:30pm-5:30pm: River Plunge
- 5:30pm-7:00pm: Rest, Reflection, and Journaling
- 7pm-8pm: Dinner
- 8pm-9pm: Camp Fire Discussion and Burning Ceremony

## **Thursday, October 26, 2023:**

- 7am-8am: Wim Hof Method Breathwork
- 8am-9am: Wim Hof Method Nature Walk/Hike
- 9:30am-11am: Brunch and Closing Discussion



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## *Additional Information*

**Lectures:** Ice Colder Leader: Leadership Through Process and Wellness. There are two focuses of the lectures. The first is to educate, in depth, on the health aspects of Wim Hof Method breathing and cold exposure. The next focus is to learn the elements of Errol's leadership process, how to use it for your own personal human development, and how it intersects with the wellness aspects of The Wim Hof Method.

**Wim Hof Method:** Basic and advanced Wim Hof Method techniques will be shared and practiced. How to use the Wim Hof Method to further your personal leadership skills will also be emphasized.

**Reflection and Journaling:** The power of quiet reflection and journaling is well established, but not well practiced in our busy lives. We will (re) introduce these two powerful practices during the weekend.

**Group Discussion:** While sometimes uncomfortable, the sharing of how this powerful weekend is impacting you on a personal level not only adds to the power of the weekend, it accelerates it!

**Yoga:** This is not yoga for yoga's sake. We use yoga to work the elements of personal development, to include a focused meditative state while performing physical activity. You will also be educated on the many health benefits of yoga that you may not be familiar with.

**Burning Ceremony:** This weekend will expose much to participants. You will see the things you love about yourself, but also the things that are holding you back, both personally and professionally. This powerful ceremony allows you a vehicle to begin letting go of the past.